

Cross Party Group Older People, Age and Ageing

Wednesday 8th January 2020 13.00 - 14.00

Committee Room 4 Scottish Parliament

Minutes

1. Present

MSPs: Sandra White; Annie Wells

Organisation	Name
Care Inspectorate	Paul Edie & Arvind Salwan
Independent Age	Gerry Kiernan
SOPA	Diana Findlay
Edinburgh Association Community Councils	Ian Clement
Befriending Networks	Muriel Mowat
Age Scotland	Ashleigh De Verteuil & Caroline Rooks
Scottish Pensioners Forum	Rose Jackson
Luminate	Anne Gallacher
Care & Repair Scotland	Robert Thomson
Trust Housing Association	Rohini Sharma Joshi
Heriot Watt University	Alan Gow
Luminate	Anne Gallacher
Intergenerational National Network	Pat Scrutton
Eat Well Age Well	Tilly Robinson- Miles
Living Streets	Penny Morriss
Alzheimer Scotland	Janice West
University of Edinburgh	Barbora Skarabela & Judy Okely
Scottish Government	Brian Slater & Karen Geekie (presenting)
Outside the Box	Anne Connor & Christine Ryder
Scottish Parliament MSP's Assistant	Amanda Gordon

1. Welcome

Sandra White welcomed attendees to the meeting and wished everyone a Happy New Year.

Apologies

Apologies for absence were received from: Elinor Mckenzie, Eileen Cawley, Kim Stringer, Caroline Clarke, Karen Mechan, Robert McGeachy, Jennifer Clark, Dr Lucy McCracken, Allison Clyde, Kate Samuels, Joan Fraser & Dr Elizabeth Baikie

2. Scottish Parliamentary Policy on Inclusion

Sandra reminded the group about the policy.

3. Note of previous meeting

The minutes of the CPG on Older People, Age and Ageing meeting held on the 18th September 2019 were accepted as accurate.

4. Matters Arising

No matters arising were noted.

5. Presentations

Brian Slater, Head of Partnership Support, Health & Social Care Integration Directorate, Scottish Government. Brian started by thanking everyone for the invitation to come back for a third time. He added that since the last time things have been moving at pace but, not as quickly in some areas as hoped but the Scottish Government is still committed to the integration.

They have undertaken a review of the 6 main themes; Collaborative leadership & building relationships; Integrated finances & financial planning; Effective strategic planning for improvement; Agreed governance & accountability arrangements; Ability & willingness to share information & Meaningful & sustained engagement. The Integrated finances & financial planning has had the slowest progress to date.

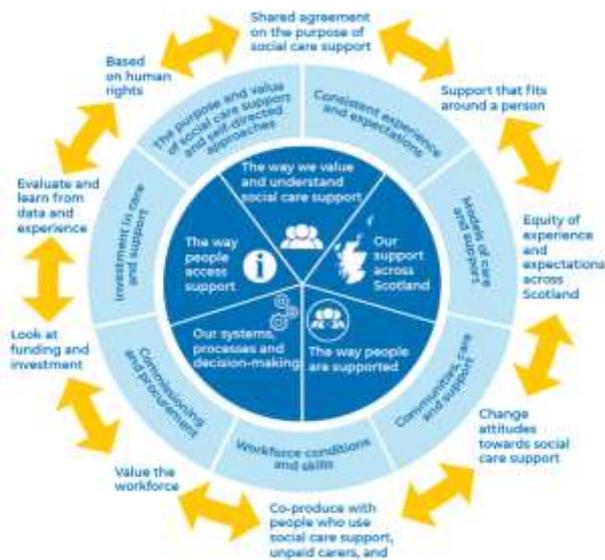
Brian also spoke about delayed discharge from hospital and how many older people can be stuck in hospital when they could be at home. He quoted a retired GP from Nairn who said “the best bed is your own bed” Brian then showed an example of an 85 year old man’s hospital journey, he was admitted for infected ulcers. On day 2 he was reviewed by the infectious disease team who recommended that he be discharged with normal care plan as family are able to support. 130 days later the gentleman was still in hospital waiting on his care package to be put in place. Bed rest can have detrimental effects on an older person including, dizziness & fainting due to a drop in blood pressure when standing after as little as 20 hours complete bed rest; reduced muscle strength which can be as much as 5% everyday on complete bed rest; fragile skin – 70% of older people can acquire pressure ulcers within 2 weeks of being admitted to hospital and after long periods of time in hospital older people are 5 times more likely to be transferred to a care home.

Brian finished by adding that we need more realistic medicine, we need to treat patients as equal or dominant partners in their care and we really need to have more conversations about care. “Drs prescribe more care for patients than they would for themselves”

Karen Geekie, Social Care Support Division, Health & Social Care Integration Directorate, Scottish Government. Karen started off by talking about the 2011 10 year SDS Strategy. In the 2017 review by Audit Scotland they found that SDS was not as well embedded as it should have been and that there were no areas where it had been fully embedded. By the time of the 2019 review the Care Inspectorate had found that it had got better but that it

was still not fully embedded. Karen explained that although SDS is a simple concept it is very difficult to make it work on complex systems making it a real challenge but we need to make sure that people’s social care outcomes are met and that the views & experiences of people, workers & providers must be taken into account, inform and underpin any changes. It is all about making & supporting it to happen in local areas. But in order for this to happen broader changes need to happen as social care isn’t working as well as it should. The Government is committed to making it work.

We have tried to take a different approach to coproduction and tried to analyse it to ensure people are receiving a more consistent experience.



Karen finished by adding what would it take to shift the thinking that social care is a burden to it is an investment in Scotland’s people, society and economy?

A discussion then followed with how being at home is not always an option for some, how a care home can be the safer option and how the choice of what is best for the person is what really matters. Befriending was also discussed as many befriending projects are struggling with funding but they are key in the role of reducing isolation.

Some areas integrating better than others was also discussed and how each area can have it’s own particular problems. The successful examples were all discussed like Glasgow’s 4 hour care package target which they tend to achieve. Brian added that we can’t expect integration to resolve 70 years of problems in just a couple of years.

The importance of sitting down with someone and explaining that they can have a say in their care and what is important in their lives at a much earlier stage and why it is important. It was also thought that it would be good if acute services were more involved in these discussions, so they can see what people can do for themselves.

Mobility was another topic discussed and the importance of getting up, getting dressed & getting moving and perhaps using family or volunteers to help people to walk to the toilet if staff are busy. It was also asked when we would hear about the Adult Social Care reform

work plan: Karen explained that all areas are going at different paces, but the website is under construction and will have updates.

6. Topics for Future Meetings

11th March 2020 - Malnutrition in Older People Eat Well, Age Well

10th June 2020 –Ethnic Minorities.

7. AOCB

No other business recorded

Date of Next Meeting:

Wednesday 11th March 2020, 13.00 to 14.00 in Committee Room 4.